



## WIN IT!

100 readers will win Katharine's new CD. Go to [shape.com/giveaways](http://shape.com/giveaways) for details.

### "ON MY PLAYLIST NOW"

"Listening to sexy music inspires me to get a sexy body."

"Stop the World"  
Maxwell

"Stupid"  
Sarah McLachlan

"Sex on Fire"  
Kings of Leon

"Funhouse"  
Pink

"I'm Every Woman"  
Whitney Houston

subtle or a dramatic change. The answer didn't come to her until she sat down in the stylist's chair. "I was feeling rebellious. That's when I knew I wanted something big," she says. "So I said to my stylist, 'Just chop it all off and make me a blonde!'" When she looked in the mirror afterward, she was a little freaked out, but by the next day, Katharine says she was a different person. "I felt edgy and playful. I went out and bought new clothes for the new me. It was definitely a good thing to do."

**2 Embrace the unexpected** When Katharine married her boyfriend and manager, Nick Cokas, two years ago, she thought she knew exactly what it would be like to be a bride and a wife. "I have a huge imagination, so I envisioned what my perfect wedding would be like," she says. "I was going to be Cinderella in a carriage. Needless to say, I set myself up for disappointment. Yes, it was beautiful, but nothing

like that! I was like, 'Oh, my God, my dress is so tight. I'm so hungry!'" Living together also turned out to be tougher than she thought. "Everyone said it would be hard, but I didn't believe them," she says. "Surprise, surprise. It was really difficult! I had to switch from 'me' mode to 'we' mode. But that's not a negative thing, it's just a challenge. That's been my biggest lesson since *Idol* and getting married, that life is not what you expect. Acknowledging that helped me grow up fast."

**3 Stop obsessing and you will see change** The last time we spoke to Katharine, she had recently completed an outpatient program for bulimia, an eating disorder she struggled with for seven years. "The more I focused on my weight, the worse my bulimia got," she says. "Now I'm more easygoing. I stopped fighting myself and became more forgiving of my body. Ironically, the weight came off naturally through exercise but no dieting."

These days reaching her fitness goals is her main priority—and she's well on her way. "At my last physical, the nurse took my vitals and said, 'Wow, you must be taking care of yourself! Your blood pressure is perfect. You're very healthy,'" says Katharine. "Hearing her say that made me feel better than seeing an 'ideal' number on the scale."

**4 Don't fight what comes naturally** Katharine's biggest confidence booster, and the reason she was actually

excited to get into a bikini this time around for *Shape*, is her new commitment to exercise (turn to page 62 to see her supercharged moves). Getting started was relatively easy; it was finding the inspiration to keep going that proved to be a challenge. "When it comes to getting to the gym, I have three requirements," she says, counting down on her fingers. "One: location. I found a place right down the street, so I have no excuse to not go. Two: timing. I finally figured out the best time for me to work out. If I try to force myself first thing in the morning, I won't do it. But by 11 a.m.? I'm good to go. And three: Make it fun! I've always been athletic. My trainer, George, incorporates things like tossing a football around so I never get bored."

**5 Ask for help when you need it** Despite her can-do attitude, Katharine still finds herself battling the blues occasionally. "I've tried writing down affirmations, but that doesn't work for me," she says. So every Monday, she attends a women's group meeting organized by her church. They begin the session by talking about the highs and lows of their week. "Sometimes I don't even remember what I did," Katharine says, laughing. "This exercise is so cool because it allows me to reflect on where I am in my life, and also to hear what others are going through. When we're done, I feel more connected to the world and not so lonely. It's the best way to start my week."

### "my 5 feel-good tools"



**Amarige by Givenchy** (\$47 for 1 oz.; [sephora.com](http://sephora.com)) "I wore it in high school and just rediscovered it. It's fruity and musky and makes me feel sexy."

**Vera Meat mini knuckle-duster** (\$150; [verameat.com](http://verameat.com))

"It's my lucky charm; I won't leave home without it."



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**Calbee Snapea Crisps** (\$2; at Trader Joe's) "These are my french fry-craving substitute. I have a handful of these and don't feel deprived."

**About Time Chocolate Whey Protein** (\$37; try [abouttime.com](http://abouttime.com))

"I blend this with half a banana, 2 teaspoons of peanut butter, 1/4 cup light soy milk, and water. It's a perfect quick meal."



**Christian Louboutin booties** (price upon request; [christianlouboutin.com](http://christianlouboutin.com) for stores) "A perfect combo of masculine and feminine, which is hot!"